



**DOUGLAS STATE FOREST
Detail Map**

MARKED HIKING TRAILS
(Accessed from the Wallum Lake Day Use Area)

Bird Blind Trail: Length .25 miles - orange triangles
This newest trail is also the shortest. An easy hike for young legs or a shady break from the beach, this trail leads to the Bird Blind, a structure built for bird observation, through a variety of bird habitats. Enjoy a break on the huge boulder along the way.

Cedar Swamp Trail: Length .7 miles - red diamonds
After this trail passes through a former granite quarry, a board-walk leads one through a shady cedar swamp. With a trail map obtainable from the Nature Center and signposts along the way, many of the nature features seen on the trail are explained. Come find out why this is the park's most popular trail!

Coffeehouse Loop Trail: Length 2.2 miles - blue dots
Named for a tavern that existed in revolutionary days, this trail will lead one through a variety of beautiful habitats. You will pass the Aldrich Saw and Gristmill site as well as travel on part of a railroad spur line that once led to a six-story ice-house. The ice-house foundation still remains by Wallum Lake.

Midstate Trail: Yellow triangles
7.8 miles of this trail, which extends from Rhode Island to New Hampshire, run through the Douglas State Forest. The total length of the Midstate Trail is approximately 91 miles.

LEGEND

	Paved Road		Parking
	Unpaved Road		Boat Launch
	Trail		Wetland
	Healthy Heart Trail		Brook, River
	Long-Distance Trail		Pond, Lake
	Restrooms		Contour Line (10' Interval)
	Pavilion		
	Forest Headquarters		

